



Sustainable occupational responses to climate change through lifestyle choices

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Abstract:

Abstract Occupational therapists and occupational scientists are increasingly aware of the relationship between occupation and global climate change, with some working to raise awareness of the issues and others proposing that an occupational perspective can make a valuable contribution to understanding and addressing the issues. In this discussion paper the United Nations Global Survey on Sustainable Lifestyles (1), which reports young adults' beliefs about everyday occupations that have a substantial impact on the environment (food, housekeeping, and transportation) is introduced. The authors argue that the survey findings are a valuable resource for occupational therapists who are concerned about global climate change and work with young adults (age 18-35), providing valuable insights into their concerns and preferences in relation to sustainability. To illustrate the insights contained in the reports, findings from four countries are presented: New Zealand and Sweden, the authors' countries of origin, and the Philippines and Lebanon which have people living in New Zealand and Sweden. Application to individual and community-based interventions to promote more sustainable lifestyles is suggested, along with studies to examine the perspectives of young adults with a disability, as their concerns and sustainability preferences might differ due to the barriers that limit their participation in educational and vocational occupations.

Source: <http://dx.doi.org/10.3109/11038128.2012.725183>

Resource Description

Communication: ☒

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Other Communication Audience: Occupational therapists

Exposure : ☒

weather or climate related pathway by which climate change affects health

Ecosystem Changes, Temperature

Temperature: Fluctuations

Geographic Feature: ☒

Climate Change and Human Health Literature Portal

resource focuses on specific type of geography

Ocean/Coastal, Tropical, Urban, Other Geographical Feature

Other Geographical Feature : Suburban

Geographic Location: ☐

resource focuses on specific location

Non-United States

Non-United States: Asia, Australasia, Europe

Asian Region/Country: Other Asian Region, Other Asian Country

Other Asian Region: Philippines

Other Asian Country: Lebanon

European Region/Country: European Country

Other European Country : Sweden

Health Co-Benefit/Co-Harm (Adaption/Mitigation): ☐

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

Health Impact: ☐

specification of health effect or disease related to climate change exposure

Diabetes/Obesity, Injury, Mental Health/Stress

Mental Health Effect/Stress: Other Mental Disorder

Intervention: ☐

strategy to prepare for or reduce the impact of climate change on health

A focus of content

Mitigation/Adaptation: ☐

mitigation or adaptation strategy is a focus of resource

Adaptation

Population of Concern: A focus of content

Population of Concern: ☐

populations at particular risk or vulnerability to climate change impacts

Low Socioeconomic Status

Resource Type: ☐

format or standard characteristic of resource

Review

Resilience: 

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

Timescale: 

time period studied

Time Scale Unspecified